[Loai: ĐIỀN TỪ ĐỀ 14 – 5 CÂU]

[Q]

**Read the following passage and choose the correct answer to indicate the correct word or phrase that best fits each of the numbered blanks from 56 to 60.**

A good memory is often seen as something that comes naturally, and a bad memory as something that cannot be changed, but actually (56)\_\_\_\_\_\_ is a lot that you can do to improve your memory.

We all remember the things we are interested in and forget the ones that bore us. This no doubt explains the reason (57) \_\_\_\_\_\_ schoolboys remember football results effortlessly but struggle with dates from history lessons! Take an active interest in what you want to remember, and focus on it (58)\_\_\_\_\_\_\_\_. One way to “make” yourself more interested is to ask questions – the more the better!

Physical exercise is also important for your memory, because it increases your heart (59) \_\_\_\_\_\_ and sends more oxygen to your brain, and that makes your memory work better. Exercise also reduces stress, which is very bad for the memory.

The old saying that “eating fish makes you brainy” may be true after all. Scientists have discovered that the fats (60)\_\_\_\_\_\_\_ in fish like tuna, sardines and salmon – as well as in olive oil – help to improve the memory. Vitamin-rich fruits such as oranges, strawberries and red grapes are all good brain food, too.

**Question 56:**

1. there

0. it

0. that

0. this

[Q]

1. why

0. what

0. how

0. which

[Q]

0. hardly

0. slightly

1. consciously

0. easily

[Q]

0. degree

0. level

1. rate

0. grade

[Q]

0. made

0. existed

0. founded

1. found